



Mini Reubens

READY IN



20 min.

SERVINGS



16

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds deli corned beef sliced
- ☐ 1 pound cocktail rye bread
- ☐ 16 ounce sauerkraut rinsed drained well
- ☐ 1 pound swiss cheese sliced
- ☐ 1 cup thousand island dressing

Equipment

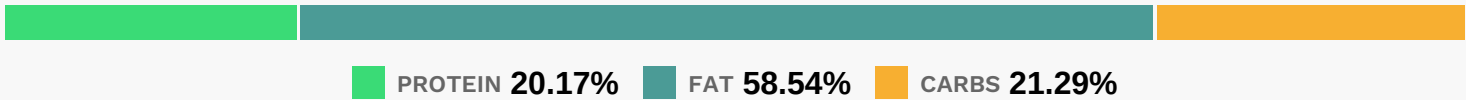
- ☐ baking sheet
- ☐ oven

☐ broiler

Directions

- ☐ Preheat the oven's broiler.
- ☐ Arrange cocktail rye slices on a baking sheet. Top each one with about 2 teaspoons of thousand island salad dressing, then fold about 1/2 slice of corned beef to fit the bread, and lay over the dressing.
- ☐ Place a small amount of sauerkraut over the meat, then top with 1/4 slice of the Swiss cheese, or a slice about as big as the bread.
- ☐ Broil for 3 to 5 minutes, until cheese is melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:14.001739190972%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 333.64kcal (16.68%), Fat: 21.58g (33.21%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.06g (5.48%), Sugar: 3.97g (4.41%), Cholesterol: 53.39mg (17.8%), Sodium: 1078.62mg (46.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.47%), Selenium: 25.78µg (36.82%), Calcium: 287.14mg (28.71%), Vitamin B12: 1.61µg (26.88%), Phosphorus: 257.81mg (25.78%), Vitamin B1: 0.38mg (25.03%), Zinc: 2.87mg (19.12%), Vitamin C: 15.76mg (19.11%), Vitamin B2: 0.26mg (15.47%), Manganese: 0.29mg (14.63%), Vitamin K: 15.22µg (14.49%), Vitamin B3: 2.76mg (13.78%), Iron: 2.16mg (11.99%), Folate: 42.67µg (10.67%), Fiber: 2.59g (10.37%), Vitamin B6: 0.2mg (10.06%), Magnesium: 31.58mg (7.9%), Potassium: 258.4mg (7.38%), Copper: 0.14mg (7%), Vitamin E: 0.93mg (6.19%), Vitamin A: 275.36IU (5.51%), Vitamin B5: 0.52mg (5.15%)